



Family Link Letter October 2021



Hello to all of our families. Autumn is well and truly with us and the blustery winds, leaves and conkers are plentiful. Enjoy some fresh air over the coming weeks! Good for the soul!



This week marks baby loss awareness week (9-15th October 2021). 1 in 4 pregnancies ends in miscarriage. This can be devastating for families. Additionally babies are lost through still birth and neo natal death , or due to medical termination. We want to ensure that the taboo around talking about baby loss ends. There are some excellent organisations who support families dealing with the loss of a baby.

The Lily Mae Foundation support families who have suffered the loss of a child through still birth, neonatal death or medical termination in a range of ways including 1 to 1 support, monthly groups and dad's groups. Please see their website for more information:

<https://www.lilymaefoundation.org/>

Also Baby Loss Awareness have a range of help for families who have lost a child through pregnancy or experienced baby loss. They offer practical advice and bereavement support. Please access help here:

<https://babyloss-awareness.org/support/>



There is a fab new app that has been designed to help new fathers. It is called DadPad. It has been developed with the NHS to provide new dads with a wealth of support and information. Please have a look or download it here:

<https://thedadpad.co.uk/app/>



Act on Energy are supporting families in a variety of ways. They can check your heating bills and ensure you are accessing the best tariffs. They can access grants for heating and insulation. They can reduce debt on fuel accounts by up to £300 through the local welfare scheme for those on certain benefits or who those who have seen a significant drop in income due to Covid.

Have a look and see what they can do for you-

<https://actonenergy.org.uk/project/>



Citizens Advice Bureau

Are offering a free drop in at Bedworth Heath Community Centre every Monday 10.30-11.30. They can help with benefits advice, debt and financial matters, relationships and family matters.

St Michael's sessions at Bedworth Heath Community Centre, Smorrall Lane:

Mondays:

Shake, Rattle and Roll' music sessions 10.30-11.30 (suitable for ages 1-4.)
£1.50 per family

Cot Gossip sessions 1-2pm for babies to crawling. £1.50 per family.

Wednesdays:

Little Explorers 9-10am. Suitable for ages 0-4. £2.50 per family.

Please book for these sessions on 02476 494171

Of course, should you need any help with any aspect of family life, such as a food bank voucher, support with mental health, help with behaviour or toileting for example, just give me a shout. Take care and stay safe, Barb x

Text, call or WhatsApp on 07833 288959
Email Charles.b@welearn365.com